



# Prime Time News

## June 2017

Fitchburg Senior Center  
Volume VI Issue 6

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### Caregiver Support

If you are caring for a loved one with dementia, you are not alone.

Join us on Thursday,  
June 8 at 10:00 a.m.

### Parkinson's Support

If you or a loved one are dealing with Parkinson's, this group could be for you.

Join us the 2nd & 4th  
Wednesdays at 2:00 p.m.

## Record Over-The-Air TV!

Learn how the Channel Master Hard Drive allows David Hill to record all the over-the-air TV that he wants—all in high-definition. Thinking of cutting the cable cord, but want the ability to record and watch TV when you want? The Channel Master might be your new best friend! Full channel on-screen menu, record current series or just new episodes.

Join David for a hands-on demonstration of his Channel Master recorder on Thursday, June 29 at 10:30 a.m. Call 270-4290 to register.

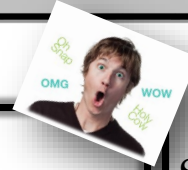
Free TV Antenna Loan Closet. Test  
You TV Before Buying New!  
Call David at 270-4292 or stop by!



## Senior Farmers Market Vouchers

You may be eligible to receive vouchers for use in purchasing \$25 worth of locally-grown fruits, vegetables and herbs at Farmers Markets and roadside farm stands in Wisconsin during the 2017 season. The Fitchburg Senior Center will hold distribution on **Monday, June 5 from 9:00 – 11:00 a.m.** Vouchers will be given on a first-come, first-served basis. You must be a resident of Dane County and at least 60 years of age. The 2017 gross income limit for a one-person household is \$1,860/mo. (\$22,311/year); for a two-person household it is \$2,504/mo. (\$30,044/year). You are not required to provide proof of income; when you fill out the application and sign it, you are self-declaring that you qualify for the program. Only one set of vouchers per household is allowed. Household is defined as anyone, related or not, living together sharing expenses. Vouchers cannot be mailed to you. If you have questions, please call the Fitchburg Senior Center at 270-4290 and ask to speak with one of the Social Workers.

*Fresh!*



## Apps For Smart Phone & Tablets

The guys from FACTv are back at it again! All new material for this great class on apps for smartphones and tablets. What are the hot new apps, what are the most useful for you? Sign-up to find out! June 22 at 10:30 a.m. Call 270-4290

# New Offerings For You!

P.2



## Learning Annex—Nevin Springs Fish & Wildlife Area

Mike Aquino from the Nevin Fish Hatchery will explore the history and current activity at the facility right here in Fitchburg.

Nevin is the oldest of all DNR-managed lands, acquired by the state in 1876 for use as a fish hatchery. The vision for the Fish Hatchery and Wildlife area is to provide fish and wildlife habitat as well as environmental education and recreational opportunities to encourage appreciation, protection and balanced use of unique natural resources. The area is managed for fish and wildlife habitat with hunting and other secondary, compatible recreational activities.

**Tuesday, June 20 at 2:00 p.m.**

## What You Need To Know About Dementia

This series will cover everything you need to know about memory loss, dementia and Alzheimer's Disease.

**5/18—Know the Ten Signs**

**6/1—The Basics**

**6/22—Healthy Living for your Brain & Body**

**7/13—Legal and Financial Planning P. 1**

**7/20—Legal and Financial Planning P.2**

All programs start at 4:00 p.m. at the Fitchburg Library. Call 729-1763 to register.



## Coming In July— Concussions 101

Did you know that falls are the leading cause of concussions? Do you know the signs and symptoms? Join us on July 19 at 10:30 a.m. for a great in-depth discussion.

## Bridge Instruction

Be Defensive! Three sessions beginning June 1 from 9:30 to 11:30 a.m. \$25

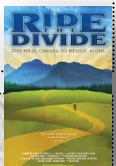
Opening leads, defensive signals, what to sluff, and when to lead trump are some of the topics covered. Call 270-4290 to register and pay.



## Bike Club

Now that the weather is leveling off and we can rely on warmer morning temperatures, it's time to kickoff the bike season! Join other like-minded retired bike enthusiasts each Wednesday morning. Bikers meet at the Senior Center (lower level) and collectively decide on the day's route. Not sure where your fitness level lands with others? Come and find those who fit your level and style, and create a breakoff group. The beauty of this setup is the flexibility. Join us on Wednesday, June 7 at 10:00 a.m. for the start of the 2017 season! Any questions about the Fitchburg bike club call

David at 270-4292.



## Ride The Divide

### 2,700 Miles From Canada To Mexico

A small group of adventurous mountain bikers attempt to race the longest mountain bike route in the world, traversing over 2,700 miles along the Rocky Mountains from Banff, Canada to the Mexican border.

David (from the Senior Center) has a friend who will be looking to complete the route in 25 days with an average of 108 miles per day starting June 7.

This documentary films the 2010 race. To join, please call 270-4290 to register, seating is limited.

**Friday, June 30 at 12:30 p.m.**



# TRAVEL!

## California Rail Discovery-September 15-22

Due to its popularity, a second coach was added- Register now! \$2595 with booking discount

Two rail experiences

Two night stay in San Francisco

Two night stay in Lake Tahoe

Wine tasting, Paddle boat ride, railroad museum visit, and other events!

## Discover Cuba- Oct 25-November 1

Booking discount rate-\$5095

First class accommodations

Tours of the Museum of Revolution, Hemingway's Farm, Old Havana, Pharmaceutical Museum, Nacional Hotel

Cigar Factory and other sites.

Habana Compas Dance Group Performance

Brochures in the Fitchburg Senior Center lobby or call Judy Broad 608-271-9077.

Mike Philips from Premier Travel will be at the Fitchburg Senior Center June 8 at 1:00 p.m. to review these tours and answer questions!



## ASK THE CHIROPRACTOR

**Dr. Laura Konopacki is currently accepting new patients at the Fitchburg Senior Center**

**Q:** Can you do anything for sleep problems?

**A:** I see sleep improvements often enough with my patients that I consider it to be a strong marker that we're on the right track with care.

Adjustments bring ease to stiff joints in the neck and spine, help muscles let go and tell pinched nerves to relax. This lowers stress signals in your body so your brain no longer needs to be on high alert, and can then properly shut down for some much-needed rest. And you can do things to help, like get daily exercise and relax before bed.

## NEW DAY TRIPS 2017

**July 26: A Crock of Schnitzel** performed at Memories Dinner Theatre, Port Washington, WI., matinee performance. Cost \$85. Departs Fitchburg Senior Center at 8:45 a.m. with estimated return at 6:45 p.m.

**August 10: Title Town During Training**, Green Bay, WI. Lunch included. Departs Colonial Club Senior Activity Center at 6:00 a.m. with estimated return at 6:15PM. Cost \$95.

**September 7: Wild on Lake Geneva**, Cruise around the lake on the Walworth as it departs every day to deliver mail to homes around the lake. Cost \$109. Departs Fitchburg Senior Center 7:55 a.m. with estimated return at 5:00 p.m.

**October 5: La Crosse Boats and Bluffs**, La Crosse, WI. A scenic luncheon cruise on La Crosse Queen paddle wheeler on the upper Mississippi River. A stop at Southwind Orchards. Sightseeing at River town. Cost \$95. Departs Fitchburg Senior Center at 6:00 a.m. with estimated return at 9:15 p.m.

**November 15: Holiday Stocking Stuffer**, Dodge County. Get on the bus and stuff your stocking along the way. Departs Fitchburg Senior Center at 7:30 a.m. with estimated return at 5:00 p.m.

Cost \$79. **Call 800-416-2049**




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# More!

## Community Paramedic Outreach Program



The Fitchburg Senior Center is proud to bring the Fitchrona Medics on board to provide you FREE blood pressure & glucose checks. The Community Paramedic Outreach Program will be the fourth Monday of the month from 10:30 a.m.— 12:30 p.m. No sign-up required. Get checked and stay for a cup of coffee!



## Navigating the ABC's of Assisted Living Options

Join Avalon Assisted Living Community to learn about the various options of Assisted Living Care.

What is Independent Living? What is Assisted Living? What is an RCAC? What is a CBRF?

Let Avalon ease the burden of understanding and navigating the options to better prepare yourself in finding the options that best suit you.

**Thursday, June 29 at 1:00 p.m.**

## Ukulele Network

The Tuesday Uke Group continues to strum at 1:00 p.m.

For questions call Judy at 608-514-3274.

## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, June 5 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper. For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com)

Cost: \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.

# Volunteer

## Driver Escort Positions!

- ▮ These positions are all about flexibility & helping seniors!
- ▮ Driver Escorts are called on to take clients to & from appointments.
- ▮ Volunteers are scheduled on an "as needed" basis.
- ▮ Reimbursement for mileage is an option.

Call Mandi at 270-4293 for more information!



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**[katz.dawgz54@gmail.com](mailto:katz.dawgz54@gmail.com)**

**[www.2eyez4pawz.com](http://www.2eyez4pawz.com)**







## REACH Book Club

REACH Book Club will meet on Thursday, June 8 at 1:30 p.m. at the Fitchburg Senior Center.

We are not discussing a book at this meeting.

Join us as we discuss suggestions from members and create a list of books to discuss next year. We have had a year of lively discussions and we are anticipating a great year of reading beginning in September. A complete list of the books chosen will be in the July issue of *Prime Time News*.

July - August - No discussions

## Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, June 22 at 1:30 p.m. at the Fitchburg Senior Center (the 4th Thursday). We will discuss the book, *Callander Square* by Anne Perry. "Murders just didn't take place in fashionable Callander Square, so Inspector Pitt's well-bred wife Charlotte couldn't resist finding out why one had. Suddenly there she was, rattling the closets of the very rich, listening to back stair gossip, and unearthing truths that could push even the most proper aristocrat to murder."



**Special Events 2017**  
 Strawberry Fest \* June 15  
 Kids Fest \* July 20  
 Summer Fest \* August 17  
 Fall Fest \* September 21

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 608-277-2606  
 FITCHBURG

# Groups



## Men's Group

Join us for our next meeting on

**Tuesday, June 13 at 2:00 p.m.**

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Men's Group on the left side.



**Active Women's Group** Join us for our next meeting on



**Tues., June 27 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Active Women's Group.

## Dine Out



## Couples Dinner Group

**June 20** we will be going to **Mariner's Inn**—5339 Lighthouse Bay Dr. Any couple who would like to join us should e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990.

**NEW!**

## Women's Brunch

**Women's Brunch at the Egg&I on the second Monday of every month at 10:00 a.m.** Those that would like to join should e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990.

Call 608.274.4350 today to schedule  
a tour and enjoy a complimentary lunch!



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# Fun Zone

## Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.



\$20 Blackout Bingo!! June 8

Special Sponsor:

**Avalon Assisted  
Living**

**Drago the police dog will be with  
us at 11:15—don't miss it!**

Game begins promptly at 12:30 p.m.



Movie Day—La La Land

Join us for this highly-rated  
movie.

93% Rotten Tomatoes!  
Friday, June 16 at 12:40 p.m.



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# Exercise Opportunities

P.7

## Exercise Payment Update

Beginning June 1, the Senior Center will no longer be accepting pro-rated payments for any of its classes.



## Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility. Cost is \$22 per month. *This fee reflects a \$2 increase and begins with June payments.*



## Ping Pong

Friday – 9:00 a.m. Drop-in.  
Play in matches, it's fun!

## Yoga W/ Kurt—Spring Session

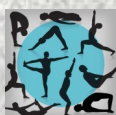
June 5—July 17, no class July 3

\$42—Six weeks

Level I 10:45 a.m.—12:00 p.m.

Level II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



## Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$12 per month. *This fee reflects a \$2 increase and begins with June payments.*



5th Series!

## Easy Yoga Plus

Learn ways to “age gracefully” through becoming aware of what your mind, body and spirit are telling you. You will leave class more relaxed and more in tune with what is required to keep yourself vibrant as you age. Six weeks: Starting June 20th from 9:00—10:00 a.m. Cost is \$55.

Call 270-4290 to register.

## Outdoor Pickleball

Swan Creek Tennis Courts reserved every Thursday from 8:00 a.m. to 12:00 p.m. Head on over and meet new players!

## Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.  
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level.



## Core & Zumba

Summer Break!

Core & Zumba classes with Jackie will be off for the summer. Check back in the fall for all new classes!

## Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk or you can speak with a staff person to obtain an application. All applications are kept confidential.



## Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.  
Beginners welcome.

# Transportation Services P.8

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

**Shuttle Service**—This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

**Footcare/Fingernail**—Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.



**Pre and Diabetic Footcare**  
**June 16**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

### Blood Pressure

Offered at no charge the second and fourth Thursday of each month  
10:30 a.m.—12:00 p.m.  
No appt. needed.

### EMS BP&Glucose

Fourth Mon. 10:30 a.m.



### Massage Therapy

**June Newman**  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

### Massage/Reflexology

**Gregory Newman**  
LMT,NCTMB.  
Wed. Afternoons

### Massage

**Denny Ginko**  
Call for  
dates/times

### Cost:

\$30 for 30 min.  
\$50 for 60 min.  
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

## Social Services

### Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

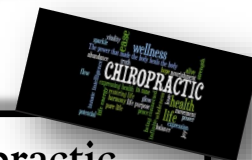
### Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings  
15 minutes = \$11  
30 minutes—\$22  
Call 270-4290 to register.



### **Body Wave Chiropractic** Laura Konopacki

Tuesdays 11:30—1:30 p.m.  
Call 270-4290 to register.





## Class Registration/Payment

Class: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

### Fitchburg Senior Center Energy Task Force Team



**Who are we?** A group of volunteers who are available to provide Fitchburg Seniors with energy-saving measures.

**What can we do for you?** Volunteers can make simple but effective changes in your home: changing furnace filters, removing no throw-away light bulbs, batteries, checking outside water faucets and more!

**Making Connections!** The Task Force Team will also be able to identify possible resources for further improvement through Focus on Energy, Project Home and others. Referrals can be established by our team!

**Is there a cost?** No; however, donations are welcomed and appreciated.

Call to make an appointment today!

270-4292



The Fitchburg Senior Center Board received an anonymous donation of \$20 this past month. We are grateful for every donation as it is helpful in providing for our attendees. The Board spent \$833.00 on special needs of Fitchburg residents. The Board extends a thank you to several Board members for attending a meeting of the Wisconsin Association of Senior Centers in Appleton, Wisconsin on April 21. Attendees include Judith Broad, Judith Christie and Sharon Trimborn. Also in attendance was Jill McHone, Fitchburg Senior Center Director.



### Games Worth Playing 2017

Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors 50 +. From **June 3-17**, events are held in Madison and the surrounding area. Registration books are available or check [www.WiSeniorGames.org](http://www.WiSeniorGames.org).

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Jill McHone, Director  
David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
Amy Jordan, Social Worker  
Sarah Folkers, Social Worker  
Susan Hoerchner, Office Asst.  
Betty Otradovec, Office Asst.



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# June 2017



Thursday Salad Option			Thursday 1	Friday 2
<b>1<sup>st</sup>- Italian Salad</b> <b>8<sup>th</sup> -Garden</b> <b>15<sup>th</sup>- Chicken Ranch</b> <b>22<sup>nd</sup>- Chef</b> <b>29<sup>th</sup>- Taco</b> <b>Reservations <u>must</u> be made by 12:00 the day before by calling 270-4290</b>			Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll Confetti Cake <b>VO- Cheese Broccoli Rotini</b>	Salisbury Steak Brown Rice Carrots Fruit Cocktail Rye Bread Cookie Packet <b>VO- Salisbury Veggie Patty</b>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Turkey Roast w/Gravy Mashed Potato w/Gravy Broccoli Fresh Fruit W.W. Bread Pumpkin Bar <b>VO- Cheese Tortellini</b>	*Brat/Bun Baked Beans Chunky Applesauce Candy Cookie <b>VO- Veggie Dogs</b>	Baked Mostaccioli Tossed Greens w/Tomato Slices & Dressing Fresh Orange Bread Stick Frosted Cake	Grilled Chicken on Bun w/ Lettuce & Tomato Ital. Green Beans Grape Juice Sherbet <b>VO- Black Bean Patty</b>	BBQ Chicken Potato Salad Cucumber Salad Banana Bread Applesauce Lemon Bars <b>VO- Vegie Wrap</b>
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Roast Beef/Gravy Roasted Red Potato Broccoli Jell-O w/Peach Slices Multi Grain Bread <b>VO- Veggie Patty</b>	Chicken Salad on Bun w/Lettuce Carrot Salad Fruit Cup Sugar Cookie <b>VO- Egg Salad on Bun</b>	Tomato Barley Lentil Soup w/Crackers *Hot Ham & Swiss Med. Croissant Fresh Apple Lemon Bar <b>VO- Cheese Sandwich w/Mayo</b>	*Roast Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread Pudding <b>VO- Veggie Patty</b>	BBQ Chicken Potato Salad Cucumber Salad Fruit Salad Dinner Roll Banana Bars <b>VO- Vegetarian Wrap</b>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Meat Spaghetti Peas Banana Garlic Bread Stick Parmesan Jello Cake <b>VO- Soy Meat Sauce</b>	Shrimp Pasta Salad German Cucumbers Apricot Halves W.W. Bread Ice Cream <b>VO-Pasta Salad w/Cheese</b>	*Pulled Pork on Bun Baked Beans Pickle Spear Coleslaw Strawberry Shortcake <b>VO- Black Bean Burger on Bun</b>	Swiss Steak Rice Mixed Greens w/Tomato Fresh Fruit Mix W.W. Bread Oatmeal Cookie <b>VO- Swiss Soy Mix Over Rice</b>	*Au Gratin Potatoes w/Diced Ham Mixed Vegetables Fresh Fruit** Rye Bread Choc. Ice Cream <b>VO- Au Gratin w/Soy Meat</b>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Chicken Macaroni Salad Four Bean Salad Fresh Orange W.W. Roll Lemon Dessert <b>VO- Pasta Salad w/Cheese</b>	Italian sausage on bun w/peppers & onions Peas & Carrots Banana Peach Pie <b>VO- Vegetarian Wrap</b>	Breaded Fish w/tartar sauce Baked Potatoes w/Sour Cream Spinach Jell-O w/Fruit Bread Cake <b>VO- Baked Potato w/ Cheese Sauce</b>	American Chop Suey Rice Oriental Mix W.W. Bread Strawberry Shortcake Cookie <b>VO- Soy Chop Suey</b>	Cheeseburger on Bun w/Lettuce & Tomato Pea Salad Mandarin Oranges Ice Cream Treat <b>VO- Egg Salad Sandwich</b>

\*contains pork

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

*All menu items are prepared in kitchens that are not allergen-free.*

*We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.*

# June 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div><div>May 2017</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table></div>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<div><div>Jul 2017</div><table><tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table></div>	M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								<div>1</div> <div>8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM FSC Friends 10:00 AM Zumba 12:30 PM Bingo!! 1:00 PM Sheepshead</div>	<div>2</div> <div>8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 11:00 AM F-Fitness 1:30 PM Scrabble</div>
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